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WHILE EVERYONE ELSE IS SENT HOME, SHE'S SENT TO MAN THE FRONT DESK PAGE 5

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DAY OF DRAMA HAS FORD ON THE DEFENSIVE

Toronto Mayor Rob Ford confronts councillors on Wednesday. It was a day of drama for the embattled mayor, with council voting overwhelmingly for him to take a leave of absence, Ford admitting to buying illegal drugs while in office, and sex allegations emerging in a newly released court document. **Story, page 3.** NATHAN DENETTE/THE CANADIAN PRESS

Easy route to Senate reform has Sask.'s vote

Cleaning house. Alta. also backs feds' position on proposed changes

The spotlight has been put on Saskatchewan and Alberta as both are backing up the federal government's argument that it should be relatively easy to reform — or even abolish — the Senate.

The two western provinces weighed in during the second day of a historic Supreme Court hearing on the degree of provincial approval required to change the maligned, scandal-plagued upper house.

The federal government maintains it can unilaterally impose term limits and create a "consultative election" process for choosing senators without any provincial input.

Both Alberta and Saskatchewan agree with Ottawa's position on the election of senators; Saskatchewan further agrees that the federal government could also unilaterally impose a term limit, provided the term is at least 10 years.

Both western provinces also support the federal position that outright abolition would require the approval of seven provinces with 50 per cent of the population.

The vast majority of provinces maintain the hurdles should be set much higher: 7-50 provincial approval for term limits and consultative elections, unanimous consent for abolition — a position some justices have suggested might make any change impossible.

THE CANADIAN PRESS

Election or not?

'A consultative referendum'

Saskatchewan counsel Graeme Mitchell challenged the assumption of other provinces that the federal government is trying to indirectly create an elected upper house — something it couldn't do directly without substantial provincial consent.

Most provinces take the view that "if it walks like an election and squawks like an election, it's an election," Mitchell said. "That is simply not true.... It's simply a practical measure."

What Ottawa is proposing is really just "a consultative referendum to determine who would be a suitable nominee to be appointed to the Senate," Mitchell maintained, arguing that the prime minister would not be bound to appoint the winners of Senate elections.

THE CANADIAN PRESS

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NEWS 1

First Nations youth the way forward for summit

4th edition. Nearly 1,000 aboriginals from across Canada are meeting up in Saskatoon next week to learn about leadership and community

Young aboriginal Canadians will be gathering in Saskatchewan for an event that only happens once every five years.

The fourth National First Nations Youth Summit takes place from Nov. 18 to 21 at the TCU Place in Saskatoon.

Simon Bird, vice-chief of the Federation of Saskatchewan Indian Nations (FSIN), said his organization has partnered up with the Assembly of First Nations (AFN) to host roughly 1,000 participants from the ages of 16 to 30.

"We'll be talking about education, First Nations' inherent rights, and alcohol and drug abuse," said Bird. "We also have some discussions regarding entrepreneurship and fiscal literacy."

Bird added that the FSIN has put in a bid to the City of Saskatoon for the municipality to sponsor the summit, as many of the visitors will be flying in through the airport.

"It will highlight the strong relationship that First Nations and aboriginal people have with our city," he said.

This year's theme is Youth Leadership: Supporting the Way Forward, and Bird said the goal is to motivate those in attendance to be active members of their communities

"They are taking on that leadership role today," he said.

Shyanne St. Denis, 19, is a student at the University of Saskatchewan and serves as the AFN's youth representative for the province.

She is also involved in the planning of the event with responsibilities such as running social-media accounts and helping to book entertainment.

"These kinds of summits and these youth workshops we're going through will give us more tools to have that voice we need to succeed," she said.

Guests for the 2013 edition include Aboriginal Affairs Minister Bernard Valcourt, Olympian athlete Waneek Horn-Miller and a musical performance from A Tribe Called Red.

JACOB MORGAN/METRO

Simon Bird, vice-chief of the Federation of Saskatchewan Indian Nations, stands at the FSIN office in Saskatoon. His organization has partnered with the Assembly of First Nations to hold a national youth summit in Saskatoon next week. JACOB MORGAN/METRO

Cab drivers targeted in series of robberies

A recent string of armed thefts targeting cab operators in Saskatoon has taxi companies concerned.

The robberies, which occurred just days apart on Nov. 6, 11 and 12, are believed by police to be connected, as there are a number of consistencies between the three crimes.

Police say the perpetrator has been calling for a ride, sometimes to bingo, and then asking the driver to stop in order to get change. Once stopped, the perpetrator holds up the driver at knifepoint and demands cash before fleeing on foot.

Cliff Kowbel, operations manager with Comfort Cabs in Saskatoon, said while they're concerned about the recent string of robberies, they train their drivers to protect themselves from theft, noting there are tell-tale signs a fare may be after more than a ride.

"If they start asking questions such as 'How long have you been driving tonight, has it been busy?' those are tip-off things — you know that they're fishing," he said, adding they advise drivers to keep low levels of cash on hand and get a specific address before they start a trip.

"You need to be aware that this stuff is out there."

Police say a string of such crimes is uncommon.

"It's rare that we would have three (robberies) so close together and three that are very similar," said the Saskatoon Police Service's director of public affairs, Alyson Edwards.

"It's the same time of the evening, the same type of request for drop-off or pick-up, and the same request to stop along the way and ask for change — all of those things are very similar, so it is unusual," she said.

Anyone with information about the robberies is asked to contact police at 306-975-8300 or Crime Stoppers at 1-800-222-8477.

MORGAN MODJESKI/METRO

B'nai Brith

Ian Buckwold honoured with posthumous award

Well-known Saskatoon lawyer and mental-health advocate Ian Buckwold is the 2013 recipient of the B'nai Brith of Saskatoon We're Proud of You award.

This is the first time in the award's history that it has been given posthumously. Buckwold was found dead this summer, and his son Alvin Elliot Buckwold has since been charged with second-degree murder.

Lifelong friend and B'nai Brith member Steven Goluboff spoke to Metro prior to Wednesday evening's award ceremony and said the organization wanted to recognize Buckwold's accomplishments.

"The situation, tragic as it was, brought to our attention all of the things that Ian had done that were sometimes more subtle and not as in your face as maybe other people who have done things in the public sector," said Goluboff.

One of Buckwold's most notable contributions was the work he did with wife, Mary Ellen, on the Future in Mind Campaign. As honourary co-chairs, the two helped raise $10.8 million toward the construction of the $23.3-million Irene and Leslie Dubé Centre for Mental Health at Royal University Hospital.

This is the 42nd year the B'nai Brith of Saskatoon has presented its We're Proud of You award.

MORGAN MODJESKI/METRO

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Drugs, booze and now ... sex

Rob Ford's shame. Court document contains stunning claim about Toronto mayor and 'prostitutes'

A bombshell court document, released Wednesday, suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

And for the first time it raises the issue of … sex.

The document reveals that aides were worried about the suspected "prostitutes" in the mayor's office.

The previously censored information comes from police interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on St. Patrick's night last year, when a former staffer told police he saw Ford with another staffer, a friend and a woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom said Ford was drinking from a 40-ounce bottle of Smirnoff vodka, and by the time he arrived at the mayor's office around 9 p.m., half of it was gone. "Mayor Ford was totally out of it and had obviously been drinking," Ransom is quoted.

Ford wanted to "smoke narcotics" but his staffers stopped him, Ransom said.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," Ransom is quoted as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

THE CANADIAN PRESS

Mayor Rob Ford confronts city councillors in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

A daily scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- **Vote.** Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- **Contrition.** "I really effed up," Ford said as the meeting ended.
- **Counter-move.** Ford failed to introduce a motion that would have forced all councillors to undergo drug testing. The speaker ruled it out of order.
- **Defiance.** Ford repeated he would not resign or step aside to seek help.
- **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Coroner's decision

Woman jailed for boy's killing can appear at inquest

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his case.

Elva Bottineau, serving life, was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago while in her care.

THE CANADIAN PRESS

MDs' triumph

Baby born safely after brain-dead mom kept alive

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The mother suffered a stroke when she was 15 weeks pregnant.

THE ASSOCIATED PRESS

Typhoon frenzy. Eight killed as mobs rampage in dire battle for food

Children are cared for in typhoon-ravaged Tacloban. THE ASSOCIATED PRESS

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon.

The rampage set off a wall collapse that killed eight people.

As the mobs carted off thousands of sacks of grain, security forces exchanged gunfire with an armed gang.

The incidents in or close to Tacloban, the storm-ravaged city focus of international relief efforts, add to concerns about the slow pace of aid.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of a massive international aid effort are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

Planes, ships and trucks were all on their way, loaded with generators, water purifying kits and emergency lights.

Tacloban's mayor, Alfred Romualdez, urged residents to flee the city because local authorities were having trouble providing food and water and maintaining order,

The death toll rose to 2,357, said a national tally, but was expected to rise.

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Web awards. Metro worth sharing, in print and online

Metro has won two silvers at the 2013 Canadian Online Publishing Awards.

The award ceremony, which are held in Toronto every year, honours the best digital work in mobile and desktop journalism.

Metro won for its mobile apps, which remain among the most popular news apps in Canada, as well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

Random biz fact of the day

1-4%

Looking for a job on major job boards has a success rate of just 1-4%.

CAREERLEAF/NEXCAREER

CHRIS HONDROS/GETTY IMAGES FILE

Market Minute

DOLLAR 95.58¢ (+0.28¢)

TSX 13,370.66 (+44.62)

OIL $93.88 US (+$0.84)

GOLD $1,268.40 US (-$2.80)

Natural gas: $3.65 US (+3.3¢)
Dow Jones: 15,821.63 (+70.96)

Look ma — no hands!

The mind is mightier than the sword — or hand. College creates stunning thought-based game

LUCY HAINES
For Metro in Edmonton

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly named Project Vulcan is a prototype built with the help of game-development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

Out of the box

"We're teaching students how to build a game, but also how to think beyond."

NAIT instructor Armand Cadieux

"How we play games has changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multitasking.

NAIT instructor Armand Cadieux dons headgear for Project Vulcan, a hands-free game that reads brain scans — no hand controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called Untapped Potential: Creating a Better Future for Service Workers.

$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as $23,647 in Toronto.

GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.

GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors ...

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stungunned by Sarah No. 1's get up.

I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK

Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

HE SAYS

John Mazerolle
metronews.ca

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as inherently positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control too.

As you have perhaps surmised, I'm a little less gung-ho than your average running-mag model, the sort who treats running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than just

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I couldn't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lie stagnant on my couch.

Unless The Empire Strikes Back is on.

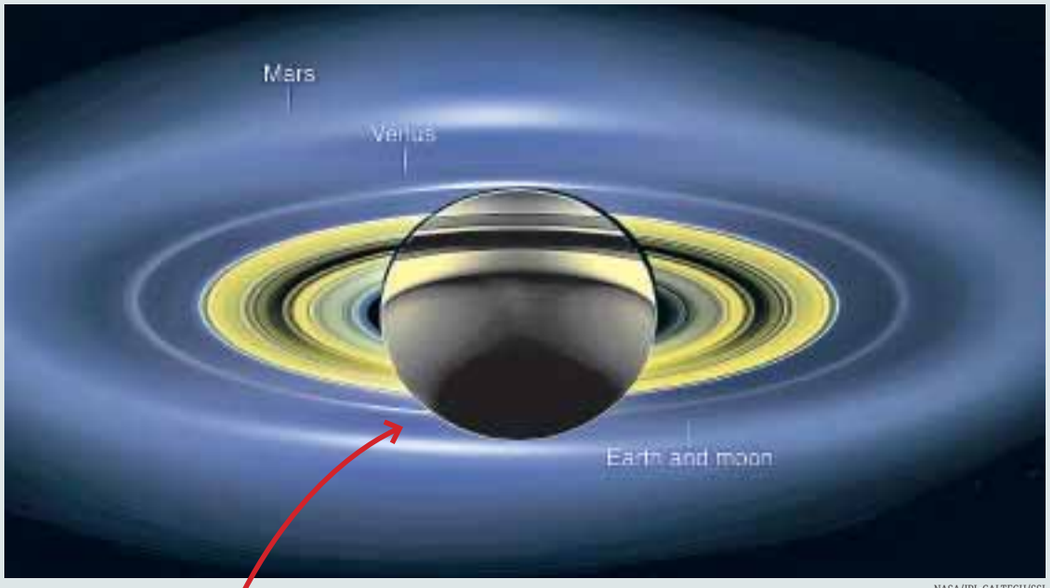
That's different.

It changed my life.

(This column was originally published in Metro in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

ISTOCKIMAGES

Hipmunk:
Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:
One-stop shop for hotels, flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:
Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ldnont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of the population, they always seem to work out well.

@KevinLabonte: 75% of bike releated accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, lets build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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Lights, camera, action!

Film. When Big Muddy debuts next year, Saskatchewan will be on full display

BACKSTAGE PASS
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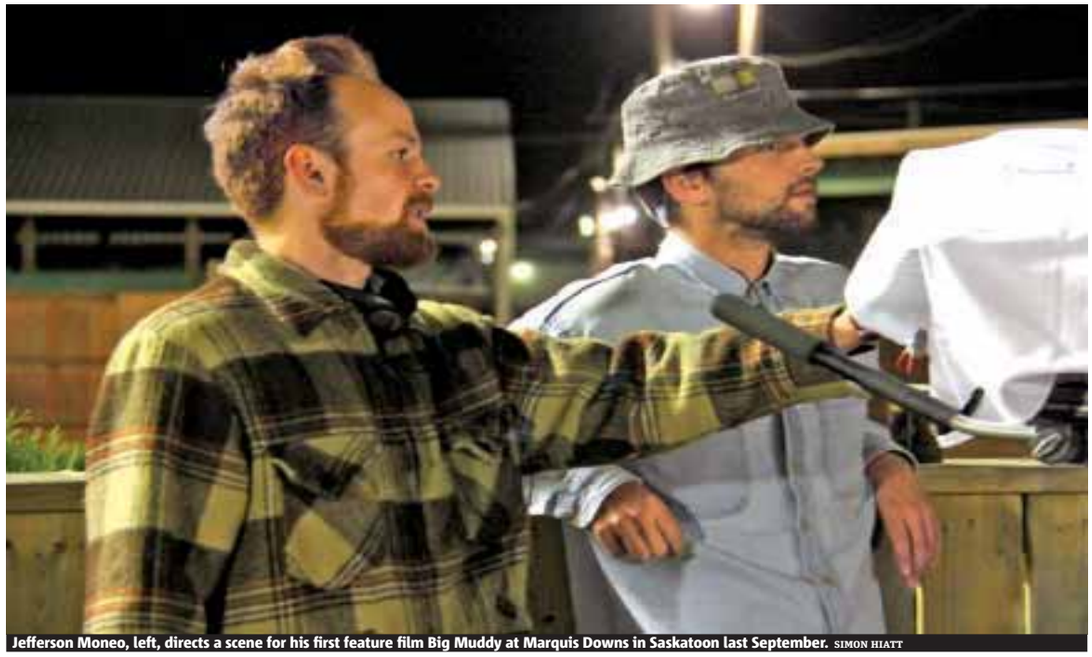

Jefferson Moneo, left, directs a scene for his first feature film Big Muddy at Marquis Downs in Saskatoon last September. SIMON HIATT

Making a feature film in Saskatchewan these days is far from a sure bet, but on an unseasonably warm September night while filming Big Muddy at Saskatoon's Marquis Downs horse track, producer Bob Crowe found himself at least temporarily ahead of the game.

"I made 20 bucks yesterday. I bet on number three in the third race," Crowe said with a laugh during filming.

The production had to be completed this year as it was the last to receive tax credits under the provincial government's old system, which expire next year. The changes to the system have led to a drastic reduction in the amount of filming in the province, but Crowe is optimistic it could one day return.

"We've got faith that there will be an industry here. Sometimes we feel like the lighthouse keepers. But this production is a good example of how difficult it will be to rebuild an industry if the government decides to give us some support that would be comparable with the neighbouring provinces."

Crowe estimates the production had to import about 40 per cent of its crew as many of the people who previously worked in film here have moved away. Big Muddy writer/director Jefferson Moneo says the effort to assemble a crew in some way fit appropriately with the feel.

"We joked that getting crew together was like trying to get together the old gang for a bank heist or something; calling people who were retired or working other careers," Moneo said recently during a break from postproduction. "But we did convince some of those people and they were great."

Moneo, who had previously directed two shorts which played at the Cannes Film Festival, finished his master's degree from Columbia film school this spring and received honours for his Big Muddy script.

The Saskatoon native says the film, which tells the story of Martha Barlow, a woman living on the fringes of the law who has to deal with her son following a similarly dark path, needed to be shot in the Province despite the obstacles.

"It's special that I was able to make it here, but it's also what I always intended to do. I wrote the script with Saskatchewan in mind, so it was special but also deliberate."

After a week of filming in Saskatoon, production moved to the southern part of the province, largely around the Assiniboia area.

Moneo hopes to show the province to the world once again and premiere the film at Cannes, followed by a release next fall.

Rising star

The cast of Big Muddy includes veteran Hollywood actors like James Le Gros, who appeared in films like Point Break and Enemy of the State, as well as rising stars like Holly Deveaux from Hemlock Grove and Justin Kelly from Degrassi: The Next Generation.

- **Details.** But writer/director Jefferson Moneo has some of his highest praise for Saskatoon actor Rob van Meenen. "I gave him a pretty big role in the film and he killed it and I wish more people would cast Rob because he's talented, but also a great guy."

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Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut. Efron also reportedly sustained a gash that required stitches in the fall.

Zac Efron

Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney. When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try. "You know what? I've spoken a lot about my Taylor and I don't want to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up." And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."

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Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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PRIMARY RESPONSIBILITIES:

- Assisting the Regional Distribution Manager with daily tasks
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- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Customer service is a must
- Organized, detail oriented, and computer savvy
- Familiar with the City of Saskatoon
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Nov. 22nd, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Saskatoon in the subject line. All submissions will be treated as confidential.

metro

Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.
When H&M contacted me and asked if I would like to collaborate I felt it was a great honour. I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?
All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?
It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?
The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."
Isabel Marant

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.
CONTRIBUTED

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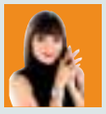

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With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero

With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

Comfort food gets healthy with this stew-pendous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)

This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

ALL RECIPES EXCERPTED FROM THE HEALTHY ITALIAN: COOKING FOR THE LOVE OF FOOD AND FAMILY BY FINA SCROPPO, COPYRIGHT 2013 BY DANVID & COMPANY INC. USED BY PERMISSION OF DANVID & COMPANY INC. VISIT THEHEALTHYITALIAN.CA. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED EXCEPT WITH PERMISSION IN WRITING FROM THE PUBLISHER.

The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scroppo is out to change that. Her book, The Healthy Italian, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, The Healthy Italian is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. METRO

Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects.

With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

Slip on a water heater blanket

Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation

Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer. For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

Caulk the windows

For a more permanent fix, consider getting out the old caulking gun and resealing windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

Resealing windows with a caulking gun can help block out cold drafts. ISTOCK

Insulate with a storm door

In the summer months, storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold. Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.

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STEP UP AND SHOW YOUR SUPPORT

With 371 million people around the world living with diabetes and another 280 million at high risk of developing the disease, World Diabetes Day has never been more important.

World Diabetes Day is an international campaign to raise the awareness of diabetes and the importance of diabetes education and prevention.

The campaign was introduced in 1991 by the International Diabetes Federation (IDF) and the World Health Organization, and it is held every year on Nov. 14. The IDF is an umbrella organization of more than 200 national diabetes associations in more than 160 countries.

The months leading up to World Diabetes Day are when communities really step up to show their support and make it a global event.

Initiatives ranged from diabetes' counselling open houses in Australia and new healthy items on restaurant lunch menus in Brussels, Luxembourg and Strasbourg to "Blue Friday" screening days in El Salvador, benefit soccer matches in Spain, and a three-day diabetes paddle challenge in Bahrain.

ISTOCK/THINKSTOCK

Online, Take a Step for Diabetes invited individuals and groups to make symbolic donations of step (at steps.worlddiabetesday.org) to raise awareness. The website kept a running tally of what steps were taken, how many, and by whom. Almost 600 groups and individuals around the world participated in a variety of ways, such as wearing blue for diabetes (that counted for 200 steps), doing an hour of moderate intensity physical activity (2,000 steps), organizing a diabetes walk (5,000 steps), and lighting a monument or building in blue (5,000 steps). The goal of 371 million steps was surpassed well ahead of the deadline, which coincides with the World Diabetes Congress Melbourne 2013 in early December.

Visit idf.org/worlddiabetesday/activities for more information and to support the important initiative yourself.

HAPPY BIRTHDAY

While World Diabetes Day campaigns last the entire year, the day itself marks the birthday of Sir Frederick Banting. The Canadian scientist and doctor discovered insulin with Charles Best in 1922. The discovery is credited for saving millions of lives. Banting was awarded the Nobel Prize in physiology or medicine in 1923.

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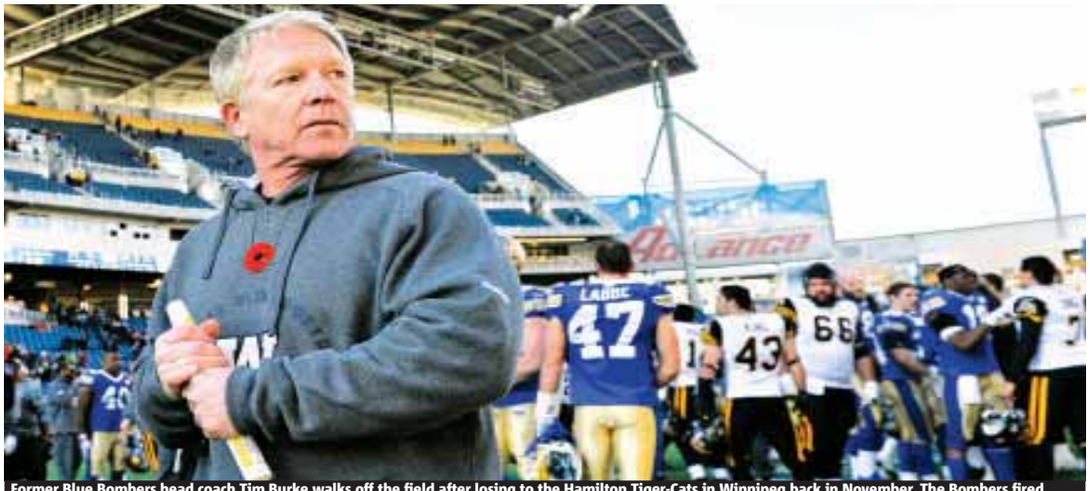


Former Blue Bombers head coach Tim Burke walks off the field after losing to the Hamilton Tiger-Cats in Winnipeg back in November. The Bombers fired Burke on Wednesday, with the CFL club now beginning the search for his replacement. FRED GREENSLADE/THE CANADIAN PRESS

Blue Bombers fire coach Tim Burke

CFL. Move makes way for new general manager to pick his own man behind the Winnipeg bench

Wade Miller has pressed the firing button again.

The Winnipeg Blue Bombers announced Wednesday the firing of head coach Tim Burke. Miller said the move was made Tuesday, after the "acting" tag was removed from his title of president and CEO.

When Miller was put in the acting role in August, his first move was axing general manager Joe Mack.

Although Kyle Walters is the team's acting GM, Miller explained why he let Burke go rather than wait for a GM to decide his fate.

"I believe that it was the right step for this organization," he said at Wednesday's press conference.

"Typically, a new general manager is going to want to hire his own person, and I believe now that we've set that path for a new general manager to be able to make his own determination of who his head coach should be."

Burke became Winnipeg's interim head coach in August 2012 after Mack fired Paul LaPolice. He was given the job last November.

The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season. They were 7-21 under Burke's leadership.

All the assistant coaches are on contracts that are up this year, Miller said, adding he's open to Burke staying with the team because he's got good character and has excelled as a defensive boss.

Burke is receptive to that and wants to meet the new head coach, said Miller, who'll be involved in the interview process with the GM.

Miller acknowledged Burke was in "an extremely tough spot when he took over." And it got worse this season. THE CANADIAN PRESS

The search begins

The Bombers will have some competition searching for a new coach, with vacancies for the same job in Edmonton and Ottawa.

- Some names to be considered as possible replacements for Burke: Montreal senior advisor Doug Berry; Former Edmonton coach Kavis Reed; Calgary offensive co-ordinator Dave Dickenson; Riders' QBs coach Khari Jones; B.C. offensive co-ordinator Jacques Chapdelaine and Toronto asst. coach Chris Jones.

NHL. Nolan, LaFontaine back with Buffalo

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The NHL team has cleaned house by firing general manager Darcy Regier and head coach Ron Rolston and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday, and Nolan will serve as interim head coach.

"We'll compete, we'll make it exciting and we'll make it a place people want to come and enjoy hockey games again," Nolan said at a news conference Wednesday.

The Sabres are off to a 4-15-1 start, the worst in franchise history. Buffalo edged Los Angeles 3-2 in a shootout Tuesday night to avoid tying the worst home start in NHL history.

The Sabres organization has plenty of familiarity with Nolan and LaFontaine.

Nolan was the Sabres coach from 1995-97, winning the Jack Adams Award in 1997 as the NHL's top coach. Nolan also coached the New York Islanders from 2006-08.

His current job is coach of the Latvian men's national team, a role he'll continue into the 2014 Winter Olympics in Sochi, Russia.

LaFontaine starred for the Sabres from 1991-97 and was inducted into the Hockey Hall of Fame in 2003.

He started a job as senior executive for the NHL last month. THE ASSOCIATED PRESS

New Sabres head coach Ted Nolan addresses the media in Buffalo on Wednesday. THE ASSOCIATED PRESS

WHL

Wheat Kings hand Blades a loss

The Saskatoon Blades had a tough go at it on Wednesday night as the Brandon Wheat Kings came away with a 5-2 win over the hosts.

The Wheat Kings got on the board just 15 seconds into the first with a goal from Richard Nejezchleb.

The Blades responded later in the period with a power play goal from Cory Millett, his first of two on the night.

Bradon pulled away in the second and third period with goals from Tim McGauley, Ryan Pulock, and a pair from Chad Robinson.

Saskatoon face the Wheat Kings on the road Friday night. The Blades are back home Saturday night against the Kootenay Ice. METRO

Baseball

Kershaw, Scherzer win Cy Young Awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers have won baseball's Cy Young Awards.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after leading the majors with a 1.83 ERA. The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes. Kershaw went 16-9 and topped the NL with 232 strikeouts.

Scherzer won the AL honour after leading the majors in wins while going 21-3. He received 28 of 30 first-place votes.
THE ASSOCIATED PRESS

NHL

Wild ride Parise, Pominville to win over Maple Leafs

Zach Parise and Jason Pominville scored in the shootout, lifting the Minnesota Wild to a 2-1 victory over the Toronto Maple Leafs on Wednesday night. Parise tied the game late in the third period for Minnesota.
THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

♉ Taurus
April 21 - May 21
One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

♊ Gemini
May 22 - June 21
There is no reason at all why you should not be taking risks that can benefit you personally.

♋ Cancer
June 22 - July 23
Times may be tough but you are tough enough to face them and make something good of them.

♌ Leo
July 24 - Aug. 23
Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

♍ Virgo
Aug. 24 - Sept. 23
There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

♎ Libra
Sept. 24 - Oct. 23
Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to help a friend in need but you also realize that they must learn from their own mistakes.

♑ Capricorn
Dec. 22 - Jan. 20
The future is not something you should be looking forward to and planning for – the future is here and now.

♒ Aquarius
Jan. 21 - Feb. 19
You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

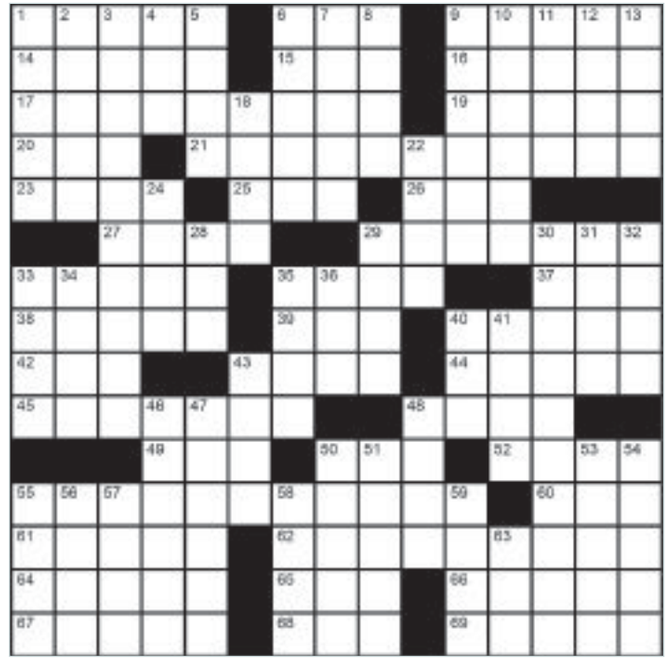
♓ Pisces
Feb. 20 - March 20
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

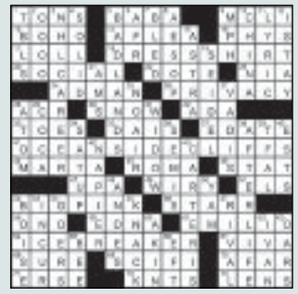
BY KELLY ANN BUCHANAN



Across
1. "The __ Mutiny" (1954)
6. Conned
9. Scale
14. British car, __ Martin
15. Poet's 'previously'
16. Golden '60s song, for example
17. Canadian-invented Trivial Pursuit, for one: 2 wds.
19. Wheezing noises
20. Prince Valiant's son
21. Nature government agency, __ Canada
23. Info given secretly to the press
25. 'Yes' on a yacht
26. Pastureland
27. Dryer's fluff
29. New __, Nova Scotia
33. In a bashful way
35. Scuffle
37. Fair-hiring letters
38. Urgency
39. Fireplace fixture
40. Breath whilst laughing
42. Keyboard key
43. Stitches
44. Places at a slant
45. Badgley __ (American fashion design duo)
48. Jason's craft
49. French for 'Goose'
50. Corny place
52. Elevs.
55. Bird found across Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James __
61. Horseback rider's straps
62. Natural __ Canada
64. Bandleader Mr. Shaw
65. Big Apple toy store, _ _ _ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin __ American Dance Theater

Down
1. Secretly conspiring group
2. "Oh, don't be _ __ loser!"
3. Pros in a Computer Dept., _ _ __
4. Neither's partner
5. The Neverending Story author, Michael __
6. Music genre, with Metal
7. Hollywood's Mr. Hammer
8. Red __, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs
24. Bagpiper's outfit piece
28. 'The Science Guy', Bill __
29. Practical jokes
30. __ Survey of Canada
31. Astronomy's __ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-_-__!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy __
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

Yesterday's Crossword



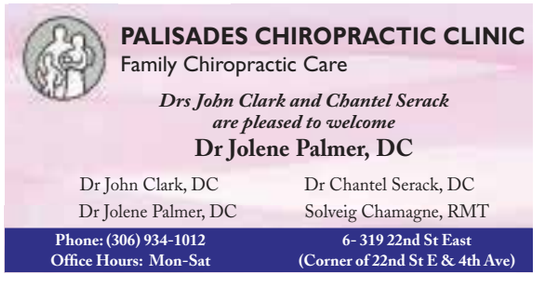
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1					7	
7					3		2	
8			5		7	9		
	1			4		8		3
5		3		6			1	
		4	7		2			1
	2		6					9
	7					6	3	

Yesterday's Sudoku

3	9	4	1	2	5	7	6	8
6	8	2	9	3	7	1	4	5
7	1	5	4	8	6	2	9	3
8	3	1	5	7	9	6	2	4
4	7	9	2	6	8	5	3	1
2	5	6	3	4	1	8	7	9
9	2	8	7	1	3	4	5	6
5	6	7	8	9	4	3	1	2
1	4	3	6	5	2	9	8	7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